Reversing Heart Disease with a Vitamin

By Daniel Cobb, O.M.D.

What is one of the world's very best treatments for arteriosclerosis (aka hardening of the arteries via plaque deposits)? The treatment doesn't involve drugs or surgery; it requires only commonly available nutritional supplements, and can substantially improve a person's condition inside of a month. This therapeutic treatment has been around for 50-60 years, has been effective in tens of thousands of cases, and was championed by Linus Pauling[1] who was a two-time recipient of the Nobel Prize in science.

The treatment involves supplements that cost less than $90 per month, and the only side-effect is that you become more resistant to colds and flu.

An important note is that it's a mistake to think of arterial plaque deposits as heart disease itself. The plaque deposits lining the walls of arteries are a downstream effect of what begins as damage to artery walls. Under optimal conditions, this damage would be quickly repaired, because the major arteries – particularly coronary arteries - are under significant mechanical stress and having the blood "break through" a major artery wall could be almost immediately lethal and the body uses plaque to keep that from happening.[1]

The arterial repair process revolves around the creation of new collagen and elastin fibers in the area of the damage. There is a package of nutrients necessary for the creation of these fibers, and almost all of those nutrients are usually available in sufficient quantity in a healthy body. However, one of those nutrients, vitamin C, is often in short supply.[2]

Vitamin C is involved in hydroxylation reactions, and plays a critical cross-linking part in the creation of collagen fibers.[21] The cross-linking is what gives the fibers most of their strength. It is possible for the body to make collagen in the absence of vitamin C, but the resulting collagen, that lacks the cross-linking, will be very weak and fall apart easily.

Vitamin C performs many functions. It is an antioxidant and it is required by the adrenals for best response to stress.[4] Vitamin C plays an important part in the immune system, besides being required to produce collagen fibers, a key component of arterial self-repair.[1] It is also used by the body to chelate, or remove heavy metals bit by molecular bit.[5] It is important to point out that vitamin C is not stored in the body, nor does the human body produce vitamin C on its own.

Fortunately, however, vitamin C can be found in most foods. It is present in every fruit, vegetable, and even in meats. Vitamin C, however, is fragile, and heat used in cooking temperatures compromises it.[6] So, if most of your food is cooked, dried, preserved, processed, packaged, or canned, then it's likely you aren't getting enough vitamin C from your food, thus risking that you might not have enough vitamin C for crucial body functions (such as synthesizing collagen fibers).

When artery walls are damaged and vitamin C is in short supply, your body may not be able to fix the damage optimally, but the body has a plan "B." As in the story

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of the Dutch boy who sticks his finger in the dike, your body will try to shore up the weak points in the artery walls until they can be repaired. The plaque deposits that heart disease patients have been told to be so afraid of are actually band-aids purposely placed by the body at weak points of the arteries to prevent deadly breakthrough bleeding.

The major problem with Plan B, plaque repair of artery walls, is that until very late stages in this disease process, there is no pain, and the person is usually totally unaware of any problem. When there is a lack of vitamin C, instead of using the remedy of vitamin C to repair the damage to the artery walls immediately, the body has to make more plaque that then accumulates. This results in more deposits, and, in places where the artery wall damage is more concentrated, a thicker and thicker buildup of plaque. Eventually the damage in a particular area of an artery may be so great that the body faces a difficult choice – either risk breakthrough bleeding at the point of the greatest arterial weakness or risk having a blood clot close off the artery entirely. When a person finally gets to this stage, a blood clot is often the last step to closing off the artery and bringing about a heart attack.

The plaque deposits are actively engaged in saving our lives – by preventing breakthrough bleeding. Because the fear and hysteria about heart disease is so pervasive, it is useful to point out that the plaque deposits and all their component parts, including cholesterol, lipoprotein(a), calcium (remember the dreaded "calcium score"?), are not enemies. The plaque deposits and all their component parts are where they are on purpose, not by accident. They are serving to keep us alive. As long as we respond in a timely manner, plaque deposits and their components do not need to be attacked by drugs, mechanically removed by balloon angioplasty, or circumvented using bypass surgery. If we follow the logic of the "vitamin C" model of treating heart disease, all we need to do is simply repair the damage to our artery walls. Once we remove the purpose for their existence, these plaque deposits should fall apart and leave without requiring any further encouragement. [See adjoining sidebar.]

The plaque deposits are actively engaged in saving our lives —by preventing breakthrough bleeding

The vitamin C theory is still just a theory until we try to test it out on real people with the plaque-deposit blockages type of heart disease. So, the question becomes: what happens when we provide abundant quantities of the nutrients required to fix damaged areas of artery walls. The almost universal result is that, as the arterial damage heals, the plaque deposits are released from the artery wall. Eventually this disease condition can be substantially or even completely reversed.[7]

The unfulfilled potential of this previous statement is that, although there are mountains of anecdotal evidence that the vitamin C approach works, there have been very few controlled scientifically designed studies that come to the same conclusion. In one study, in 1954, Canadian M.D. G. C. Willis showed that doses of 500 mg 3 times per day made very substantial improvements in the arterial blockages of heart patients.[18]

There is one other study that was designed to prove that chelation therapy

We are creatures who look before and after: the more surprising that we do not look round a little, and see what is passing under our very eyes.
—Thomas Carlyle, *Sartor Resartus*, Oxford World's Classics, 2008 ed., pg. 4

Calcium and Heart Disease

COMMON SCANS of the heart in heart disease patients involve a "calcium score." Zero is the best score. Reading these lab test results sometimes gets our competitive juices flowing, and we want to obliterate the "dangerous" calcium. But this is just as misguided as reducing blood cholesterol.

Plaque deposits are primarily a combination of cholesterol and calcium. Where conventional medicine presents the plaque deposits as pathological, I present them as adaptive. The calcium is part of the plaque deposit, and the plaque deposit is part of the adaptive reaction to "band-aid" over weakened artery walls.

Once you accept the idea that the calcium is there on purpose instead of by accident, then less care needs to be paid to how the calcium (and the rest of the plaque deposit) can be removed. When the purpose for the plaque deposit disappears (when repairs are made to the damaged area of the artery wall behind the plaque deposit), then the calcium, along with the rest of the plaque deposit will disappear on its own.

What draws a plaque deposit to the artery wall is the damage/inflammation.[9] As the damage is repaired and inflammation is reduced, the plaque deposit gradually disconnects from the artery wall.

Whereas, it might be true that ascorbic acid will chelate calcium ions from a plaque deposit, it is also true, as long as the plaque deposit is serving a valuable purpose, that whatever calcium is chelated by the vitamin C will be quickly replaced by the body's plaque-forming processes. The bottom line is that the vitamin C does not effectively remove the calcium from the plaque deposit. The vitamin C releases the plaque deposit by repairing the damage that started the plaque deposit in the first place.

—Dan Cobb, O.M.D.

does not work. The way that the study design was arranged was to make chelation look impotent by giving both the test group and the controls vitamin C and magnesium IV's, and then to look only at the additional benefits derived from using IV EDTA in the test group. The study "proved" that chelation didn't do much good, but what was left unstated in the summaries was that in both arms of the study (test and control) subjects improved their cardiovascular performance in a highly significant way ($P < .001$).[19] Thus, what this study really "proved" was that IV vitamin C and magnesium is absolutely wonderful for cardiovascular function.

Why are the studies so few and far between? Heart disease treatment is a huge industry, and the industry at large does not appreciate competition from a common vitamin that can be produced for a handful of pennies per dose, does not require a prescription, and is effective both as a cure and for prevention. The National Institutes of Health (NIH), and especially the FDA have found a comfortable niche operating as the Washington D.C. branch office of the pharmaceutical industry trade group.

There have been other studies proposed to test the vitamin C theory of heart disease. The latest one, in 2002, was put together by a group affiliated with the Vitamin C Foundation. This study was also rejected by the NIH.[20]

There is another category of studies, such as the Physicians' Health Study II, which examined the effect of vitamin C on heart disease and concluded that vitamin C has no positive effect on heart disease.[22] This study however was funded by pharmaceutical companies that stood to lose big profits if vitamin C gained respect as a heart disease treatment. The skewed study not only used low doses (500 mg / day) but also the worst kind of vitamin C (dl-ascorbic acid with tableting aids and excipients) and distributed the vitamin C only once a year (vitamin C does not age well because it is an unstable molecule). Studies such as this don't really count as a test of the "vitamin C theory" because of their flaws and the fact that the dosages and quality were so far below the recommended levels.

> This treatment, works wonders. …Heart disease is easier to treat than low-back pain…

The following, in general terms, is the vitamin C treatment for arteriosclerosis. An optimal heart healthy formula also includes other supplements and nutrients. Here is an example of a full list of optimal supplementation with dosages and intended purposes:

Vitamin C – at least 6 grams per day. C is an antioxidant that limits further damage and plays a role in creation of collagen fibers. In lower doses, vitamin C mineral ascorbates (e.g., magnesium, calcium) may be a good choice. However, in higher doses, the amount of mineral intake that comes along

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Utterly amazingly, where I am there has been no looting, no pushing in lines. People leave their front doors open, as it is safer when an earthquake strikes. People keep saying, 'Oh, this is how it used to be in the old days when everyone helped one another.' ..I find food and water left in my entranceway. I *have no idea from whom, but it is there. Old men in green hats go from door to door checking to see if everyone is OK…."*

—"Ann," in Japan during the March, 2011 earthquake and tsunami, from *Medical News Commentaries*, "Finding Beauty When All the Lights Go Out," Mark Sircus, Ac., OMD, newsletter@magnesiumforlife.com

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Omega-3 Fatty Acids Prevent Muscular Deterioration

OMEGA-3 FATTY ACIDS have been shown to promote muscle protein production in the elderly, and to combat the onset of sarcopenia, an age-related condition marked by the decline of lean body mass and strength. The study, led by Bettina Mittendorfer (Division of Geriatrics and Nutritional Science at Washington University School of Medicine, St. Louis), showed that adding four grams of omega-3 fatty acids (DHA and EPA) to the diet for eight weeks produced significant increase in muscle mass. Along with this came an intensified activation of a signaling pathway designated as mTOR-p70s6k, which the researchers identify as an "integral control point for muscle cell growth."

People in their twenties have up to 60% fat-free muscle mass, which drops to under 40% in their seventies. "A major cause for the loss of muscle mass with advanced age is the inability of aging muscle to adequately increase the rate of muscle protein synthesis in response to nutritional stimuli," the authors of the study stated. The study was published in the American Journal of Clinical Nutrition. The exact mechanism by which omega-3s reverse this effect of decreased muscle protein synthesis remains unknown.

From: "Omega-3s May Counter Degenerative Muscle Loss: Study," by Stephen Daniels. 23 Feb. 2011. Pressman. www.drpressman.com

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with the ascorbate vitamin C needs to be taken into account. In some patients, vitamin C dosages may rise as high as 18 grams per day (Linus Pauling's daily dosage), and at that level the mineral dosages in the ascorbate forms of C could cause problems/imbalances.

To get the best results, I recommend Cardio-C from the Vitamin C Foundation. I use it myself. It is a powder, easily absorbed and has no excipients.

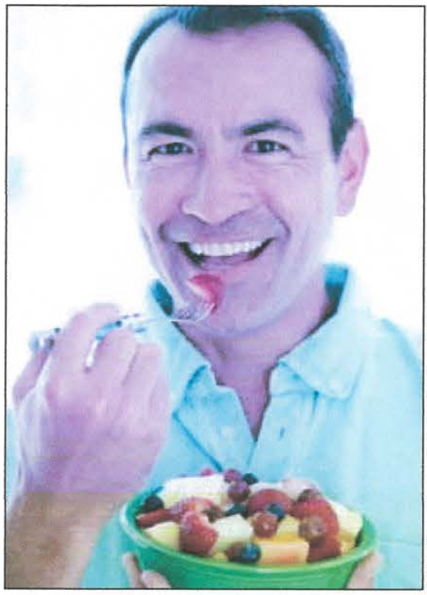
The vitamin C portion of this treatment is primarily pure crystalline ascorbic acid. Some people may develop diarrhea from high doses of vitamin C, especially when they are taking pure ascorbic acid. The intestinal problems are usually avoided by dividing the dosage into about four or more smaller doses per day. Dividing the doses is a wise idea even if intestinal problems never occur, because vitamin C has a half-life of about 30 minutes in the blood,[16] and taking the vitamin C several times per day gives you much better "coverage."

Rutin—500 mg per day. Works with vitamin C to make it last longer.[8]

L-Lysine—6 grams per day. Used to build collagen fibers and also helps disintegrate plaque deposits as repairs are being made.[9]

L-Proline—1 gram per day. Helps to disintegrate plaque deposits as repairs are being made. [9]

Vitamin E—(should contain all 4 tocopherols and all 4 tocotrienols)—400 to 800 IU / day. Vitamin E is a fat-soluble antioxidant that relieves vitamin C of some antioxidant responsibilities so that the vitamin C can be used to create collagen fibers. Vitamin E is also a mild anticoagulant.



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Magnesium (as citrate or chelated)—400 mg / day. It promotes healthy heart rhythm. Magnesium is also a mild anticoagulant.[10]

Co-Enzyme Q10—100+ mg per day. Enables the heart to function at high energy levels. May be even more necessary because of high blood pressures that commonly accompany occlusive heart disease.[11]

Vitamin K—100 micrograms (mcg) / day. K is a natural coagulant to balance the anticoagulant effect of magnesium and Vitamin E, making the blood-thinning effect of the rest of this formula neutral. (K1 and K2 are the natural forms of Vitamin K.)

Copper—2 mg / day.[12] Copper is also necessary for the production of collagen fibers.[3] It seldom gets top billing because fewer people are deficient in this mineral than magnesium for example.

Zinc —about 20 mg per day. Zinc is used to repair tissues, and also balances the copper.[13]

B Complex—use dosage on bottle. Vitamin B6, B12 and Folic acid are useful to reduce levels of homocysteine, which is known to damage blood vessel walls.[14]

Omega-3 fats—from fish oil or flaxseed oil. Somewhere between 1 teaspoon and 1 tablespoon per day depending upon your overall fat intake and body size. Highly unsaturated oils can be effective at quickly moving oxygen. The heart is one area where a lot of oxygen needs to be used. Make sure that the oils you use are fresh and refrigerated, because these highly unsaturated oils go rancid easily.[15]

Lavender Oil: Potent Fungicide

THE RECENT INCREASE of drug-resistant fungal infections, especially among the immunocompromised, has prompted renewed examination of natural remedies. Prominent here is lavender oil. A study by scientists from the University of Coimbra in Portugal, published this year in the Journal of Medical Microbiology, demonstrated lavender oil's effectiveness against two important fungal strains: Candida species which cause thrush, and dermatophytes, which feed on the keratin in skin, nails and hair, causing athlete's foot and ringworm. Lavender oil attacks these fungi by damaging their membranes. Says study co-leader Lígia Salgueiro: "Lavandula oil shows wide-spectrum antifungal activity and is highly potent. This is a good starting point for developing this oil for clinical use to manage fungal infections." The researchers call for experimental trials in order to see how their laboratory experiments translate when applied to living subjects.

Lavender oil has already proven popular as a topical application to fungus infection of the nails, which, because they have no blood supply, are unreachable by medicines taken internally; such medicines only work if the infection is in the blood.

From: "Lavender Oil Has Potent Antifungal Effect." 16 Feb. 2011. Science Daily at http:www.sciencedaily.com, and: "Essential Oils Can Be Used to Cure Toenail Fungus." Anti Nail Fungus. http://antinailfungus.com

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In my clinic, we have a saying, "Heart disease is easier to treat than low-back pain." This treatment, when done correctly, works wonders.[7] Out of all my heart disease patients, I have had only one who did not improve significantly, and that one patient did not use the recommended type of vitamin C. Another patient last year completely reversed her heart disease in 2 months. Δ

Daniel Cobb, D.O.M., (Oriental Medicine) practices at the Integrative Holistic Healing Center in Santa Fe, New Mexico. He teaches anatomy and physiology at Southwest Acupuncture College and pathophysiology at the New Mexico Academy of Healing Arts, both in Santa Fe. Contact: danielcobb2@yahoo.com.
Daniel Cobb's complete book, Reversing Heart Disease can be found at http://www.lulu.com

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Muscle Building and Aging

A recent review by University of Michigan researchers shows that inactivity for those who are aged 50 or over can mean losing up to as much as 0.4 pounds of muscle per year (this type of loss can begin even earlier if a person is sedentary as a younger adult). However, the researchers note that even if you're someone who is well over 50, you can increase your strength by 25 to 30 pertcent and add 2.42 pounds of lean muscle in an average of 18 to 20 weeks. The University of Michigan researchers who reviewed the literature pointed out the benefits of progressive resistance training for older adults, and they suggest beginning with squats, modified push-ups and tai chi, Pilates or yoga. They also advise working with a professional who can design a strength training program that evolves to such disciplines as working with weights and machines to build and strengthen muscles. The review mentions that in as little as five months' time significant progress can be made, substaniating once again the fact that the body can regenerate remarkably.

Full story published in the March 2011 issue of The American Journal of Medicine.

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Linus Pauling

The Last Interview

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Dr Linus Pauling - The last interview

Q When you published 'Vitamin C and the Common Cold' what did you expect that to do to medical thinking?

When my book was published near the end of 1970, I thought the medical profession and ordinary people would be pleased. They would be pleased that they no longer were suffering the miseries of the common cold and related diseases and the physicians would be pleased in that they were no longer bothered by patients with the common cold for which they didn't have any very good treatment anyway, but could concentrate on more serious illnesses. So I was astonished at the reception that I got when the Professor of Medicine at Mount Sinai College of Medicine wrote to me complaining about my statement that vitamin C, three grams a day would provide considerable protection against the common cold.

I checked the medical literature to find what evidence there was at that time. I found four controlled trials, recently well-conducted trials, involving what I would describe now as rather small amounts of vitamin C per day of between 200mg and a 1,000mg per day. I think that the best one of these four early trials was done by

Dr Ritzel, the physician for the school system in Basle, Switzerland. he gave 270 schoolboys at a winter ski camp either a gram of vitamin C per day, in a capsule or a placebo. It was a randomized double-blind, controlled trial and with each boy the nurse made sure that the boys swallowed the capsule so that he didn't have the trouble that other investigators have of the boys, boys especially, not swallowing the capsule but instead, trading them back and forth so that you, the investigators, didn't know which one had received the vitamin C and which the placebo. The result was 63 per cent less illness with the common cold for the boys who received the vitamin C compared to those who received the placebo. Well, this was a very good trial.

In a paper by a Professor of medicine at the University of Helsinki, Finland about vitamin C and the common cold, he mentioned the publication of my book and said that he had decided to check the medical literature to find out how many studies had been carried out since 1970 on the effectiveness of vitamin C against the common cold . He decided that he would accept only studies in which at least 1 gram a day of vitamin C was given, some of the studies involved 2 grams, perhaps one involved 3 grams a day but mostly they were 1 gram a day of vitamin C in which a placebo was given to half of the subjects and the studies that were randomized and double-blind so that neither the physicians nor the subjects knew which persons were getting the vitamin C. He found 38 clinical trials had been carried out since 1970 satisfying these requirements. 37 of the 38 trials lead to the conclusion that vitamin C had a protective effect greater than the placebo and a number of these, a dozen of these clinical trials had high statistical significance at p=0.001 - that means 99.9 per cent confidence that the result wasn't just a statistical fluctuation, a chance result.

There is no doubt now that vitamin C in large doses has value against the common cold. My recommendation is not 1 gram a day, or 2 grams a day of vitamin C but at the first sign of a cold, take a gram of vitamin C or 2 grams and then an hour later, if the symptoms still exist - if you're still sneezing, or your nose is running or feel shivery, take another 1 or 2 grams of vitamin C. Keep doing that until you forget because the symptoms have gone away and this will stop a cold in almost every person who follows the regimen.

Q What do you feel about the major criticism that anything over 100mg of vitamin C is a waste of money and goes down the drain because it's eliminated by the body?

A The evidence shows that this is just not true. I myself, twenty years ago or more, read this statement, probably made by Fred Stare, professor then at Harvard School of Public Health, and I decided to check. I was taking 10 grams per day of vitamin C. I collected my urine for 24 hours and analyzed it myself for the vitamin C content. Instead of nearly 10,000mg being eliminated in the urine, 9850mg, I found only 1,500mg, 15 per cent of the dose that I was taking during this trial, so the statement just is not true. Of course, some of the ingested ascorbate remains in the intestinal contents and doesn't get into the blood stream. It may be as much as a third. Some evidence indicates that perhaps as much as a third remains in the intestinal contents. Well, this does good, protecting the lower bowel against cancer by destroying carcinogens that are present in the fecal material and also does good because of the laxative effect of bringing water into the bowel so that the volume of the waste material is larger. There's also a smaller surface area which helps speed up the process of elimination of this material. The rest of it, two thirds perhaps 6.5 grams when I was taking 10 grams a day, gets into the blood stream but only 1.5 grams is eliminated in the urine. So we can ask what happens to the other 5 grams? The answer I'm sure, in fact we have direct experimental evidence for it, is that vitamin C is rapidly converted into other substances, oxidation products and these other substances, these oxidation products have been shown to have greater value against cancer than vitamin C itself. So if you take large doses of vitamin C you produce large amounts of these other substances, the value of which is still under investigation. We have been studying it for fifteen years.

Q Why has your work on nutrients been countered. Is it ignorance, is it prestige, is it money interests? Why is it being suppressed?

A Well I have thought about that a great deal. Most scientists in general have accepted my idea and ideas of other pioneers. Of course I took over my ideas mainly from Irwin Stone and other early investigators of vitamin C. So scientists have said usually "Well Linus Pauling has been right so often in the past, he's probably right about this too". But then an ordinary physician, has the duty of dividing his time and energy for the proper care of his patients. He doesn't have time to read the literature, the scientific and medical literature, and think about a question such as whether there is something new and significant that has been discovered. He has to rely on medical and nutritional authorities and I blame them for having been lazy and biased, and not really willing to keep up with new developments. But why are they biased? Well I decided, 40 or 50 years ago, that when they were trying to understand the action of drugs and also of nutrients, they realized that you give a drug in the amount as large as possible so that its toxicity does not kill a patient in the hope that it will save the patient's life. And there are certain drugs that have great value in protecting against certain diseases. There is no doubt that these drugs have great value. Doctors and investigators have worked hard to determine what the proper dose of a drug is. Now with vitamin C for example, I am sure they said we know what vitamin C does. It keeps people from dying from scurvy and investigators have studied human beings enough to know how much vitamin C they need to give in order to prevent the development of scurvy. It isn't much, just a little pinch each day so they say we know the answer with vitamins just as with drugs. And the answers are the RDAs, 60 mg a day of vitamin C to prevent scurvy, and 2mg of a day of thiamin, vitamin B1, to prevent beriberi and so on. What they did not do was to ask this question: here is a substance which has no known toxicity, which can be taken in 1000 times the RDA, the amount that stops people developing scurvy, without causing harm to a person. Is there a possibility that very large doses of vitamin C and the B vitamins and vitamin A, beta-carotene and vitamin E, would have much additional value in improving the health of the people? Twenty-five years ago, when I became interested in vitamins, it was just that question that interested me. I looked in the medical and nutritional literature to find out how much vitamin C a person should take in order to be in the best health, perhaps to control diseases other than scurvy. I couldn't find anything and the result, of course, is for 25 years I have devoted much of my life and time and energy trying to find the answer to the question - how much of these very powerful and important substances should we take to be in the best of health?

Q How would you compare your vision of orthomolecular medicine and conventional medicine?

A One of my colleagues in the field of orthomolecular medicine invented the word 'toximolecular' medicine to describe conventional medicine and this seems to me to be good in that conventional medical practice relies heavily on drugs, all of which essentially are toxic substances. It's hard for me to think of an example of a drug that is like the vitamins in having nearly zero toxicity. With aspirin, some patients with severe arthritis are advised by the physician to take as much as 10 grams of aspirin a day and it's my memory that the LD50, the amount that would kill 50 per cent of patients, is 28 grams of aspirin and that's why many people commit suicide by taking an overdose, a whole bottle full aspirin tablets. So I think that's a good description of conventional medicine.

I'm not against drugs when they are properly used and have said so over and over again. We advocate for every patient with cancer taking high doses of vitamin C as an adjunct to appropriate conventional therapy and I agree with Dr Cameron that surgery - he was a surgeon - surgery is often the best treatment for a malignant condition if the malignant tumor can be removed and sometimes, for a few kinds of cancer, chemotherapy is known to have much value and, for some kinds, high energy radiation has value even though chemotherapy and high energy radiation have pretty serious side effects, are damaging to the body as a whole, nevertheless, the benefit may outweigh the disadvantages.

Q Tell us about the work of your associate Dr Jariwalla on HIV?

A I was very pleased that Dr Jariwalla should have carried out some work in our laboratory on vitamin C and human immunodeficiency virus. They carried out experiments on the virus growing in cells in the laboratory and showing that there were as much as a 99 per cent suppression of the development of the virus in the cells when you had high, large amounts of ascorbate, vitamin C, in the medium - amounts that you could achieve in the bloodstream by giving a large oral intake. This result was published in Proceedings of the National Academy of Sciences.

Long before Dr Jariwalla did this work, I had written to the president of Wellcome, the manufacturer of AZT, saying that we had some evidence that high dose vitamin C helped to control the disease and perhaps if it were given along with AZT it would be more effective than AZT alone. For one thing, we know with other chemotherapeutic agents, that high dose vitamin C helps control the side effects.
I got no answer.

Only a small fraction of people who are HIV positive develop AIDS. I don't know that any study has been made, such as has been made with some other diseases, to determine whether the ones who then go on to develop full-blown AIDS are people who are low in plasma ascorbate, plasma vitamin C. Maybe that they are. At any rate, I think that HIV positive people should be taking vitamin C up to the bowel tolerance level and that people who have developed AIDS should be taking very large amounts, again up to their bowel tolerance level. It is much cheaper, of course, to take fifty grams a day, that's only a dollar a day, two cents a gram, $365 dollars a year. AZT used to cost about $10,000 dollars per person. Vitamin C costs very little in comparison with AZT.

Q Now you are recommending vitamin C and lysine for the treatment of cardiovascular disease.

25

How exactly does lysine help to prevent cardiovascular disease?

A Many investigators contributed to showing that lipoprotein A is what is deposited in plaques, not just LDL, but lipoprotein A. If you have more than 20mg/dl in your blood it begins depositing plaques and atherosclerosis so the question then is what causes lipoprotein A to stick to the wall of the artery and cause these plaques? Well countless biochemists and other chemists are pretty smart people and they discovered what it is in the wall of the artery that causes lipoprotein A to get stuck to the wall of the artery and form atherosclerotic plaques and ultimately lead to heart disease, strokes and peripheral arterial disease. The answer is there is a particular amino acid in a protein in the wall of the artery - lysine, which is one of the twenty amino acids that binds the lipoprotein A and causes atherosclerotic plaques to develop. I think it is a very important discovery.

Well, now, if you know that there are residues of lysine, lysyl residues, that hold the lipoprotein A to the wall of the artery and cause hardening of the arteries, then any chemist, any physical chemist would say at once that the thing to do is to prevent that by putting the amino acid lysine in the blood to greater extent than is normally. Of course you get lysine normally in your food. Meat in particular contains a good bit of lysine. And you need lysine to be alive, it is an essential amino acid, you have to get about a gram a day to keep in protein balance, but you can take lysine, pure lysine, a perfectly non toxic substance in food, as 500mg tablets and that puts extra lysine molecules in the blood. They enter into competition with the lysyl residues on the wall of artery and accordingly count to prevent the lipoproteinA from being deposited or even will work to pull it loose and destroy the atherosclerotic plaques.

Q Do you think the treatment of lysine and vitamin C can reverse the atherosclerotic process?

A I think so. Yes. Now I've got to the point where I think we can get almost complete control of cardiovascular disease, heart attacks and strokes by the proper use of vitamin C and lysine. It can prevent cardiovascular disease and even cure it. If you are at risk of heart disease, or if there is a history of heart disease in your family, if your father or other members of the family died of a heart attack or stroke or whatever, or if you have a mild heart attack yourself then you had better be taking vitamin C and lysine.

Q How do you decide how much vitamin C is right for you and, if you take 3 grams should it be split throughout the day?

A In my opinion adults should be taking at least 2 grams a day. There is much evidence about increased health with 2 grams a day, and of course even more with 4 or 6 grams a day . Even an extra 60mg had been shown to add value in cutting down the death rate from heart disease, cancer and other diseases. Now my feeling is as people grow older they ought to be increasing their vitamin C and perhaps they should follow the policy that I have followed of increasing the intake. It can be either one chunk, one dose in the morning, or even better three doses throughout the day, increasing the intake until a laxative effect is observed, speeding up the rate of elimination of waste material from the bowel. So my suggestion is every person who wants to have the best of health should increase the intake of vitamin C to somewhat less than the amount that causes significant looseness of the bowel.

Q How do you think your opponents will remember you?

A Molecular biologists will of course remember me as one of the founders of molecular biology, and chemists in general will remember me as one of the founders of modern chemistry, changing it from a pretty descriptive to a far more rational sort of science, and physicians will remember me as having been at least in part, responsible for the revolution in medicine in which there is a great improvement in human health and in control of disease through the use of vitamin C and other vitamins. This will include my opponents, although the opponents may have died off by that time.

Excerpts from interviews with Tony Edwards for QED BBC Television, and with Patrick Holford at the Power of Prevention conference.

"Although physicians, as part of their training, are taught that the dosage of a drug that is prescribed for the patient must be very carefully determined and controlled, they seem to have difficulty in remembering that the same principle applies to the vitamins." — Linus Pauling

Chapter 7

The Pauling Therapy

Cardiologists have been kept in the dark regarding the vitamin C connection to heart disease. Most cardiovascular drugs are compensating for low vitamin C intake. There are cardiovascular drugs that exacerbate heart conditions. In my opinion, for the best patient response the doctor would be well advised to replace as many standard heart medications as possible with the following vitamin C and lysine protocol.

NOTE: Linus Pauling specifically recommended high, generally equal oral doses of vitamin C and the amino acid lysine between 5,000 and 6,000 mg in his Unified Theory lecture (available on video). Anything less, by definition, is not the Linus Pauling Therapy.

The extended protocol includes advice given by Linus Pauling in his 1986 book, *How To Live Longer and Feel Better.* The other recommendations account for variables such as a poor diet, advancing age, and/or the use of the prescription drugs commonly given to heart patients. I have attempted to present the additional nutritional substances in the order of their importance.

Linus Pauling coined the term *orthomolecular* — right molecules — to stand for vitamins, amino acids, and other nontoxic molecules which our bodies are familiar with. Orthomolecular nutrients are generally devoid of toxicity and can be safely taken in much larger amounts than *toximolecular* prescription drugs.

Note that trace minerals are only orthomolecular in trace amounts and, unlike vitamins, may become toxic at higher dosages.

The Basic Orthomolecular Recommendations for Controlling Heart Disease

Linus Pauling Recommendations

1. Take 6,000 to 18,000 mg of vitamin C as ascorbic acid daily (*some of the vitamin may be taken as sodium ascorbate*) up to bowel tolerance (6 to 18 g).

Pauling's therapeutic dosage of vitamin C for those diagnosed with cardiovascular disease is from 6,000 mg up to 18,000 mg (or bowel tolerance). Generally, 3,000 to 6,000 mg of vitamin C is the recommended preventive dosage.

The half-life of vitamin C in the bloodstream is 30 minutes. Linus Pauling advised taking vitamin C throughout the day in divided doses. The Hickey/Roberts Dynamic Flow theory predicts that taking vitamin C every four hours will produce the highest sustained blood concentrations. Take more before bedtime.

Those who have bloating, gas, or diarrhea after taking vitamin C should reduce the dosage of ordinary vitamin C and consider adding a liposomal form of vitamin C such as the *Lypo-Spheric*™ vitamin C product available from livonlabs.com

2. Take 2,000 to 6,000 mg (2 to 6 g) of lysine daily.

For those diagnosed with cardiovascular disease, Linus Pauling recommended taking 5,000 to 6,000 mg of lysine daily. He recommended supplementing with at least 2,000 mg daily for prevention.

The following excerpt is from the *Unified Theory* lecture. Linus Pauling relates the story of his invention of the Pauling therapy for cardiovascular disease, which was to add lysine to vitamin C. Dr. Pauling explains what happened in the case of the first person to try the therapy, a distinguished anonymous scientist who had asked Pauling for advice. The scientist was on disability, in pain, and generally unable to do work or exercise despite taking 5,000 mg of vitamin C daily. He asked Linus what else he might recommend for his cardiovascular disease, and Dr. Pauling recounts his own response as follows:

> I didn't have to tell him that lysine is an essential amino acid and you have to get around a gram a day to be in good health, and you get it in your foods, because he is one of the most distinguished biochemists in the United States, recipient of the National Medal of Science in the United States. So he said, "How much shall I take?" I thought, "What do I know?" I know that people get a gram or two in their food depending upon how much meat and fish they eat, that it's essential, that they have to get around one gram. It hasn't any known toxicity in animals or human beings. I said, "5 grams, 5 grams of lysine per day." He thanked me.
>
> A couple of months later he telephoned me and said, "It's almost miraculous! I started taking a gram a day and 2 grams and so on. Within a month after I had reached 5 grams a day of lysine in addition to my 5 grams of vitamin C, I could walk two miles without any nitroglycerin tablets or without any pain in the chest." He said he had cut

> down the amount of heart medicine in half. "It's almost miraculous," he said.
>
> Another couple of months went by and he telephoned me and said, "I was feeling so good the other day that I cut down a big tree in our yard and was chopping it up for wood, and I was also painting the house, and I got chest pains," this despite his 5 grams of vitamin C and lysine. So he said that he "went up to 6 grams of lysine and 6 grams of vitamin C and told me, "Now I am continuing chopping down, chopping up the tree and painting the house." And now a couple of years later he is still in fine health. — **Linus Pauling [Transcribed from his 1993 Linus Pauling *Unified Theory* Lecture]**

3. Follow Linus Pauling's general heart and cardiovascular nutritional recommendations as provided in his 1986 book, *How to Live Longer and Feel Better.*

In addition to 6,000 to 18,000 mg of vitamin C, Linus Pauling advised:

Vitamin E - 800 IU (to 3,200 IU)
Vitamin A - 20,000 to 40,000 IU
Super B-Complex - one or two
Daily multiple vitamin/mineral supplement
Eat less sugar
Drink plenty of water

Matthias Rath Recommendations

4. Take 250 to 2,000 mg of the amino acid proline daily.

This nutrient is an addition to the original Linus Pauling protocol. Dr. Rath specifically recommends the amino acid proline because of its strong Lp(a) binding inhibitor properties *in vitro (*in test tube experiments*)*. There is anecdotal evidence that proline supplements lower elevated Lp(a) over a period of 6 to 14 months.

It is difficult to suggest an optimum dose for everyone because the healthy body manufactures its own proline, though we probably make less as we age. A few alternative doctors have recommended 2 g (2,000 mg), although the first Pauling therapy formula, Tower's *Heart Technology*™, has produced consistently good results with 400 mg per serving. Two servings daily (800 mg of proline) were shown to lower Lp(a) in a small pilot study.

Additional Enhancements

Although studies are lacking, there has been some research and considerable anecdotal experience since Pauling and Rath first published their theory. This knowledge has led us to make the following additional recommendations:

5. Take 100 to 300 mg of coenzyme Q10.

Coenzyme Q10 (CoQ10) is a vital substance required for the production of energy in all cells and plays an important role in maintaining proper heart function. Popular heart medications interfere with the body's own production of CoQ10; thus taking these drugs at high dosages may lead to heart failure. If you are always tired or your muscles ache, take more CoQ10. The human body makes CoQ10 but we lose this capability gradually as we age. Note: Vitamin C and several vitamins may help stimulate your own synthesis of CoQ10.

6. Eliminate trans fatty acids from the diet and introduce unprocessed Omega-3 and Omega-6 oils.

Medical doctors often call me after reading one of my articles to ask, "If Linus Pauling was correct in claiming that a chronic vitamin C deficiency causes cardiovascular disease, why then do patients respond so well after we put them on Omega-3 fish oils?" There was no definitive answer to this question until the writings of Mr. Thomas Smith of healingmatters.com provided one.

Mr. Smith is a lay person who was once a Type II diabetic. He reviewed the available scientific literature and used this knowledge to cure his own diabetes in three months. According to Smith's research, Type II diabetes is a disturbance of the cell membranes which blocks the uptake of glucose from the blood. Because vitamin C shares the same insulin-mediated transport through the membrane, vitamin C faces the same theoretical difficulty entering the cells of diabetics. The addition of Omega-3 fatty acids in place of trans fatty acids in the diet will rectify this disturbance of the cell membrane, according to Smith.

The Pauling therapy will be more effective if the heart patient reduces sugar and simple carbohydrates; eliminates man-made/processed fats such as trans fats and hydrogenated oils; and supplements Omega-3-rich oils such as evening primrose, flaxseed, and certain fish oils, because more vitamin C can enter cells.

"*Research has shown that an Omega-3 Index of 8 to 10 percent reduces a person's relative risk of death from coronary heart disease by 40 percent, and from sudden cardiac death by 90 percent."* This benefit probably results from restored insulin-mediated glucose/vitamin C uptake into cells.

Note: Following an Atkins-style, low-carbohydrate diet will eliminate most trans fats because these "poisons" appear mostly in processed carbohydrate foods such as cookies, crackers, snacks, etc. Butter is superior to margarine. Natural saturated fats are superior to any fats or oils processed for longer shelf life.

7. Eat salt, but only unrefined salt.

This advice might seem strange, but alternative medical doctor David Brownstein uncovered literature showing that a low-salt diet can cause the body to change its hormonal balance as it attempts to retain sodium. This imbalance leads to a 400-percent chance of heart attack in those with high blood pressure and low sodium intake. Refined (ordinary table salt) is probably poisonous, but unrefined salt such as *Celtic Sea Salt* contains over 80 minerals and can be considered a necessary "health food."

8. Supplement with magnesium (150 to 1,500 mg).

Certain chelated forms of magnesium are better absorbed and you can take less. The heart requires magnesium, and a deficiency should be corrected to maintain a regular heartbeat. Along these same lines, supplemental manganese (Mn) should be reduced (intake should be no more than 2 milligrams). More than 20 mg daily of manganese (Mn) can lead to irregular heartbeat, according to researchers at the United States Department of Agriculture (USDA).

I learned about the problem of manganese toxicity from a male caller who claimed that he had cured a life-long heart arrhythmia. Using the Internet to research his condition, the caller had found and contacted USDA researchers in South Dakota. The USDA scientist told him that the heart has an equal affinity for both manganese (Mn) and magnesium (Mg) but requires copious amounts of magnesium (Mg) for a regular heartbeat. Too much manganese (Mn) crowds out magnesium uptake and causes an irregular heartbeat.

The USDA scientist noted that 20 mg of manganese (Mn) daily will cause the problem and recommended reducing manganese to 2 mg daily. Furthermore, the researcher said that it can take 60 days for the body to detoxify and rid itself of excess manganese before the heartbeat becomes regular.

The caller found that by studying labels and adding up the manganese in his supplements he was indeed consuming more than 20 mg of manganese. He cut back to 2 milligrams daily and in 60 days, as the USDA researcher had predicted and for the first time that he could remember, his heartbeat became normal.

The caller contacted the USDA researcher in South Dakota to thank him, but for some reason the researcher denied having given him this advice. This man then called me. During the investigation we noticed that the USDA papers that had been posted had been taken down. It seems likely that USDA researchers, like myself, are not supposed to offer medical advice to people or study the effects of nutrients on humans. After one or two years, several new papers appeared at the USDA Web site including a paper with the following abstract: *"Manganese alters mitochondrial integrity in the hearts of swine marginally deficient in magnesium….These results suggest that high Mn, when fed in combination with low Mg, disrupts mitochondrial ultrastructure and is associated with the sudden deaths previously reported."* USDA Researchers

9. Eliminate ordinary sugar and refined carbohydrates.

New research confirms Dr. John Ely's 30-year theory that sugar (glucose) competes with ascorbic acid (vitamin C) for insulin-mediated uptake into cells. Consuming sugar and refined carbohydrates effectively crowds out vitamin C and prevents it from entering cells, even in non-diabetics. Diabetics are especially vulnerable because their elevated blood sugar levels already reduce vitamin C's chances of entering their cells.

10. Supplement with vitamin K, either the K1 or K2 form (1 to 40 mg K1 or 150 mcg K2).

A function of vitamin K is to regulate calcium from soft tissues into bones. The prescription blood "thinning" drugs such as Coumadin (warfarin sodium) interfere with vitamin K. These drugs are derived from rat poison and have been proven to cause rapid calcification of soft tissues in animal studies. There is also new evidence that they cause hard arteries in humans.

Unfortunately, these drugs are routinely prescribed. Patients on "rat poison" style blood thinners should avoid vitamin K until they find a nutritionally-oriented physician to help wean them. Blood thinners that may substitute for these prescription drugs include: 2,000 IU of Unique-E (natural vitamin E from A. C. Grace); the amino acid arginine (3,000 mg); grape seed extract; and high dose Omega-3 fish oils.

11. Avoid supplemental calcium.

According to author Bill Sardi, Americans generally obtain the organic calcium they require in the diet. According to Dr. Levy, most supplemental calcium is of poor quality. If you elect to supplement with calcium, you should be sure to supplement with at least the same amount of magnesium.

12. Add a multivitamin/multi-mineral supplement as insurance.

13. Supplement with the amino acids taurine, arginine and carnitine (1 to 3 g).

All three of these amino acids (or amino acid-like nutrients) in higher dosages benefit muscle and heart function.

14. Add supplemental vitamin D3, especially in the winter months (2,000 IU).

Pauling did not recommend supplementing vitamin D partly because of a known toxicity of the synthetic D2 form and partly because sunlight creates vitamin D from cholesterol beneath the skin. However, our skin production of vitamin D is limited to periods of sunlight exposure, and in some latitudes, e.g. north of Atlanta, Georgia, vitamin D is only generated during the summer. Even during the summer months the UV/B light in the sunlight can only stimulate the production of vitamin D between 10:00 a.m. and 2:00 p.m. It is estimated that 20 minutes of sunbathing when the UV/B light can penetrate the atmosphere creates about 8,000 IU of vitamin D. The toxicity issue is avoided by supplementing the D3 form of the vitamin. In addition to its cardiovascular and anti-cancer properties, vitamin D3 also provides significant protection against cold and flu viruses.

15. Take 3 to 6 mg of melatonin before bed.

Melatonin is the sleep hormone and one of the most potent antioxidants known to science. A small gland in the brain known as the pineal gland produces melatonin in the absence of light. Many heart patients on prescription statin drugs have difficulty sleeping. If you are over 40 years of age and have difficulty sleeping, your pineal gland may not be making enough melatonin. Take 3 to 6 mg of melatonin just before bed to improve sleep. Melatonin researchers praise its wide-ranging longevity and cardiovascular and anti-cancer benefits. There are so many benefits attributed to melatonin that the list even exceeds the benefits of vitamin C. Coincidentally, the half-life of melatonin in the blood is 30 minutes. Melatonin, like alpha lipoic acid, is both fat and water soluble. This natural hormone has been found in every cell, both plant and animal, and has no known toxicity.

Pauling Therapy Summary

Therapeutic

Vitamin C (6,000 to 18,000 mg)
Lysine (5,000 to 6,000 mg)

Pauling Therapy Enhancements

Proline (250 to 2,000 mg)
Coenzyme Q10 (100 to 300 mg)
Magnesium (150 to 1,500 mg)

Preventives

Vitamin C (3,000 to 10,000 mg)
Lysine (2,000 to 4,000 mg)

Follow Pauling's other heart and cardiovascular recommendations

Vitamin E - 800 to 3,200 IU
Vitamin A - 20,000 to 40,000 IU
Super B-Complex - 1 or 2
Daily multiple vitamin and mineral
Drink plenty of water

Additional Enhancements

Eliminate trans fatty acids from the diet
Introduce unprocessed Omega-3 and Omega-6 oils
Eat salt, but only unrefined salt
Reduce manganese intake
Eliminate ordinary sugar and refined carbohydrates
Supplement with vitamin K
Avoid supplemental calcium
Supplement with the amino acids taurine, arginine and carnitine (1 to 3 grams)
Supplement with vitamin D3 (2,000 IU), especially in the winter months
Supplement with melatonin (3 to 6 mg) before bedtime

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30 YEARS IGNORED: LINUS PAULING'S GREATEST DISCOVERY

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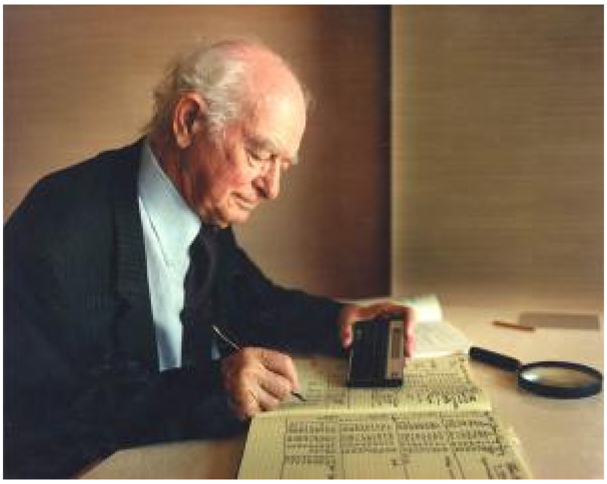
Linus Pauling's long-ignored nonprescription heart therapy may help resolve today's epidemic of myocarditis among all age groups.



2-time Nobel Prize winner Linus Pauling

NAPERVILLE, ILLINOIS, UNITED STATUES, March 8, 2023 /EINPresswire.com/ -- A method for treating, controlling and even "curing" heart disease was invented by one of America's greatest scientists. Linus Pauling made the announcement circa 1989 after experiments at his institute confirmed the role of Lp(a), or lipoprotein small "a", in human coronary artery disease.

Vitamin C Foundation Approved

No Prescription Required

Linus Pauling, a founder of modern chemistry, working in concert with his German associate Matthias Rath MD, discovered that high doses of two common non-prescription nutrients available in any drug store, and otherwise required for life in smaller amounts, were key to a rapid "miraculous" recovery from cardiovascular disease.

Typical correspondence sent to Owen:

I think we can get almost complete

"Thank you so very much for honoring and sharing with everyone Linus Pauling and his

> **control of cardiovascular disease, heart attacks and strokes by the proper use of (vitamin C and lysine) ... even cure it. It's almost miraculous.”**
>
> — *Linus Pauling*

magnificent life's work and the formula he has discovered to reverse the devastating effects of heart disease a.k.a. cardiovascular scurvy. I've seen amazing test results because of learning and applying what I know about him, his work, you and Linus Pauling's Vitamin C formula and recommendations. I'm immensely excited for further continuous progression of my cardiovascular disease reversal and a healthier body and much better quality of life!

Thank you so very much!

God bless you!

Sincerely,
Jan Weaver " -- February 7, 2023

Testimonials represent a cross section of the range of results that appear to be typical following Pauling's recommendations.

Results may vary depending upon use and commitment.

Albeit hard to believe, this monumental scientific discovery by one of America's most famous Nobel prize winning scientists has been ignored. Pauling's invention has never been mentioned by the mainstream media. Funding for a study of the therapy has never been authorized by the public servants at the multi-billion dollar funded National institutes of Health. Medical doctors dismiss the theory out of hand and patients that bring it up are ridiculed, probably because the nonprescription therapy can be safely adopted without the benefit of a doctor.

Fortunately, in 1992, Pauling recorded the UNIFIED THEORY OF CARDIOVASCULAR DISEASE. This one-hour video lecture outlines the discovery. Pauling found that a lack of vitamin C leads to the increase in a sticky type of cholesterol called Lp(a). Linus Pauling explains the importance of Lp(a) and introduced his patented therapy for reversing heart disease. The video features the first three case studies.

In 1996, Owen Fonorow obtained the rights to the Pauling video lecture and founded the 501(c)3 nonprofit Vitamin C Foundation. Over the past thirty years, Owen has advised heart patients, monitored their progress on the high-dose completely non-drug Pauling-therapy, and has written dozens of articles for alternative medical journals. After personally hearing report after report of miraculous rapid recoveries, almost always in people with documented severe heart conditions, he authored the Amazon best-selling Pauling-therapy handbook PRACTICING MEDICINE WITHOUT A LICENSE.

Under the auspices of his Foundation, Owen submitted two requests to the NIH for grants that would have formally studied Pauling's heart-therapy. It is a matter of public record that both of these grant requests were turned down.

FINAL OPTION

As reported to Owen over the years, heart patients in extreme pain, with no more options, who followed Linus Pauling's advice, recovered in approximately 30 days, and many experienced significant pain relief in only 10 days. The recoveries only occurred after these former patients adopted the high dosage vitamin C and lysine therapy as specifically recommended by Linus Pauling. These patients usually adopted the Pauling-therapy without their doctor's knowledge or consent. – Practicing Medicine Without A License (2003)

Typical correspondence sent to Owen:

"I just want to say thank you, Mr. Fonorow. Linus Pauling's formula saved my life, all my arteries were clogged the doctors didn't know how I was still alive. To make a long story short I've never been healthier, with total blood flow. God bless you and Dr. Pauling he was more than a genius."
Donald S. (Feb 2016)

Testimonials represent a cross section of the range of results that appear to be typical following Pauling's recommendations. Results may vary depending upon use and commitment.

The Vitamin C Foundation is running a study of the Pauling Heart-therapy with mRNA vaccinated people diagnosed with myocarditis. Please call us at 800-894-9025. We will require a copy of your EKG.

Do your family and friends with heart disease a favor. Refer them to Owen's HEARTCURE.INFO web portal for all things related to Pauling's Therapy.

"It's almost miraculous..." - Linus Pauling

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Pauling/Rath Patents

5,278,189 - Prevention and Treatment of Cardiovascular Disease with Ascorbate and Substances that Inhibit the Binding of Lipoprotein(a)

5,230,996 - Use of Ascorbate and (Lysine) for Organ and Blood

Vessel Treatment Prior to Transplantation.

5,650,418 - Therapeutic Lysine Salt Composition

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Owen Fonorow
Vitamin C Foundation
+1 630-983-6707
email us here
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Linus Pauling Unified Theory of Heart Disease Lecture (circa 1992) – Part 1

Complete Control of Cardiovascular Dise...

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